

## Substance Abuse & Families

When someone close to you is being affected by a family member's drinking or drug use...

**you are not alone.**

The first step is to be honest about the problem.

**Seek help** for yourself, your family, or a loved one.

Getting a loved one to agree to accept help, and finding



*Support from family and friends*

support services for all family members is the next step towards healing for the addicted loved one and the entire family.

It is important to **remember** to:

Talk honestly about substance abuse in the family to help them express their concerns and feelings.

It is also important to **realize** that:

Treatment can occur in

- ~ a variety of settings
- ~ many different forms
- ~ different lengths of time

## Where to go for help

### Information and Referral Services

An organization that provides community treatment referrals locally.

Dial "211" for Customer Services

[www.211ut.org](http://www.211ut.org)

### Utah Al-Anon/Alateen Services

Community based family support groups for parents or children with substance abuse issues.

24-hour helpline: (801) 363-2311

[www.utah-alanon.org](http://www.utah-alanon.org)

### Families Anonymous

Group of concerned relatives/friends whose lives are impacted by a loved one's addiction to alcohol or drugs.

Call (801) 485-1836 or (801) 566-9399

[www.familiesanonymous.org](http://www.familiesanonymous.org)

### Substance Abuse & Mental Health Services Administration (SAMHSA)

24 hour support: 1-800-662-HELP

[www.findtreatment.samhsa.gov](http://www.findtreatment.samhsa.gov)



RESTORING  
HEALTHY  
FAMILIES

## Where to go for help

### Utah Support Advocates for Recovery Awareness (USARA)

A community based organization of individuals in recovery, their families and friends.

Call (801) 634-6564

[www.u-sara.org](http://www.u-sara.org)

### Adult Children of Alcoholics

12-Step, 12-Tradition program of adults who grew up in alcoholic or otherwise dysfunctional families.

Call (801) 583-6855

[www.utin.org/acoa.html](http://www.utin.org/acoa.html)

### Alcoholics Anonymous

An organization that provides community based support groups for individuals who struggle with drug and alcohol issues.

Call (801) 484-7871

[www.utahaa.org](http://www.utahaa.org)



TIME TO  
SEEK HELP?

## Hope and Recovery

Alcohol and Drug Abuse hurts everyone in the family.

It is important to remember that...

You didn't **cause** it.

You can't **cure** it.

You can't **control** it.

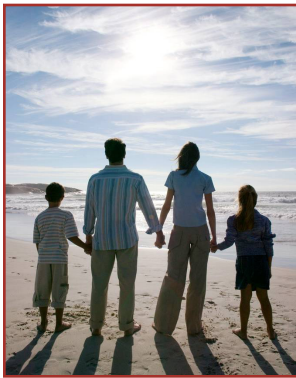
You can...

take better **care** of you by

**communicating** your feelings,

making **healthy** choices,

and **celebrating** yourself!



For National Support Call:  
1-800-662-HELP

## UTAH SUBSTANCE ABUSE TREATMENT CENTERS

|                                |                |
|--------------------------------|----------------|
| Bear River Substance Abuse     | (435) 792-6420 |
| Central Utah Counseling        | (435) 462-2416 |
| Davis Behavioral Health        | (801) 544-0585 |
| Four Corners Behavioral Health | (435) 637-7200 |
| Heber Valley Counseling        | (435) 654-3003 |
| Northeastern Counseling        | (435) 725-6300 |
| S.L. County Substance Abuse    | (801) 468-2009 |
| San Juan Counseling Center     | (435) 678-2992 |
| Southwest Behavioral Health    | (435) 634-5600 |
| Valley Mental Health - Summit  | (435) 649-8347 |
| Valley Mental Health - Tooele  | (435) 843-3520 |
| Utah County Substance Abuse    | (801) 851-7127 |
| Weber Human Services           | (801) 625-3700 |

### STATE OF UTAH

Division of Substance Abuse & Mental Health  
120 North 200 West #209  
Salt Lake City, UT 84103



Phone: (801) 538-3939  
Fax: (801) 538-4696  
[www.dsamh.utah.gov](http://www.dsamh.utah.gov)

## Utah

### DIVISION OF SUBSTANCE ABUSE AND MENTAL HEALTH



WHERE FAMILIES  
GO FOR HELP  
WHEN LOVED ONES  
HAVE  
SUBSTANCE ABUSE  
PROBLEMS

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